



FREE ONSITE FITNESS CLASSES

January 2nd – March 28th, 2019

On-site fitness classes are held at 4 locations across the County every week. Classes are free and held throughout the year. **Bonus** – earn Virgin Pulse points by downloading the voucher log on the LiveWell County Website!

	Monday	Tuesday	Wednesday	Thursday	Friday
4:30 pm – 5:30 pm		Zumba PSHQ, Cafeteria	Yoga PSHQ, Cafeteria		
5:15 pm- 6:00 pm				Yoga 8630 Fenton St. 10 th Floor Zumba UpCounty Reg. Serv OHR Training Room	
5:15 pm – 6:15 pm		Yoga COB, 4 th Floor Multipurpose room	Zumba EOB, Cafeteria	Yoga COB, 4 th Floor Multipurpose room	

LiveWell programs are open to insurance-eligible, Montgomery County Government & participating agency employees. FOP Members are ineligible to participate in LiveWell programs. Reasonable alternatives and accommodations available upon request.

Fitness Class Schedule

January 2- March 28, 2019

Please register by sending an email to LiveWell@montgomerycountymd.gov
Include: Name, Department, Class Name and Location

Yoga Let the rhythmic movement and breathing of yoga melt stress away. The ancient practice of yoga can stretch the entire body and gentle relaxation will help you re-enter your day centered and calm. We suggest a yoga mat and bare feet or socks.

Zumba A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Smooth-soled sneakers and water are recommended.

Please make sure to register to receive current updates on class locations and cancellations.

Questions? Contact us at:
LiveWell@montgomerycountymd.gov

Follow our LiveWell Facebook Page for Wellness information and current LiveWell events and activities.

<https://www.facebook.com/MCGLiveWell/>

Did you know MCG Employees also get free access to Montgomery County Recreation facilities? Visit <http://www.montgomerycountymd.gov/rec/> for program details.

Executive Office Building: 101 Monroe St, Rockville, MD, Cafeteria and Auditorium

Council Office Building: 100 Maryland Ave, Rockville, MD 20850, 4th floor multipurpose room

Public Safety Headquarters: 100 Edison Park Dr. Gaithersburg, MD, Cafeteria

HHS Fenton St: 8630 Fenton St. Silver Spring, MD, 10th floor

UpCounty Regional Services- 12900 Middlebrook Road Germantown, MD First Floor OHR Training Room

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